



To Listen to recording:

http://www.dot.state.mn.us/mnsaferoutes/news/network_calls.html

Past Network Call Notes are available at:

http://www.dot.state.mn.us/mnsaferoutes/news/network_calls.html

Please note: recordings of the Network Calls are archived for 6 months only



THE MINNESOTA SAFE ROUTES TO SCHOOL NETWORK...

...is approximately 190 dedicated professionals from organizations and agencies that are advancing Safe Routes to School (SRTS) in Minnesota...

...that builds skills in Minnesota communities to successfully implement SRTS, supporting partnerships between state and local agencies, municipalities, and advocacy organizations, and advocating for policy changes to support walking and bicycling to schools and improvements to the built environment...



...and makes Minnesota a state where all students, no matter their race, ethnicity, income level, age, ability, or geographic location, can walk and bicycle on routes that are safe, comfortable and convenient...

...because to be able to walk and bike safely makes health, learning, communities, and independence better for all of us.

AGENDA

- Welcome and Introduction
- 2018 Reflections
- MN SRTS Network Survey Results
 - Joanne Moze, Senior Program Evaluator
- 2019 Recommendations
- News From MnDOT SRTS: Dave Cowan
- Announcements



2018 ACCOMPLISHMENTS & REFLECTIONS



Impacts of Safe Routes to School in Minnesota

Jennifer Pelletier- MDH, Office of Statewide Health Improvement Initiatives

CHOICES Collaborative Partnership

- Harvard T.H. Chan School of Public Health, Association of State and Territorial Health Officials (ASTHO), Minnesota Department of Health, state & local partners
- Cost-effectiveness modeling of prevention policies and programs
- Evidence for action and decision-making

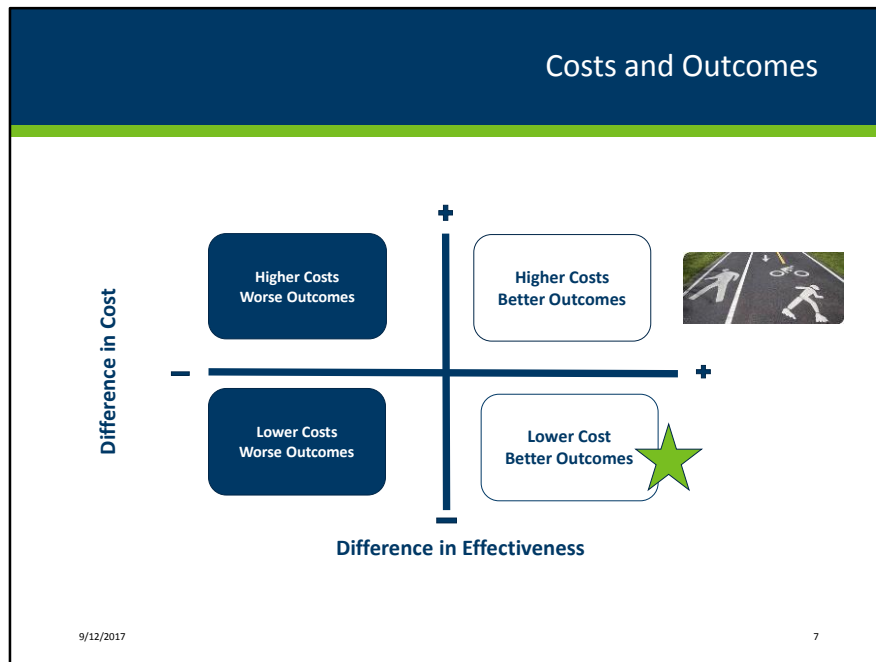


5/22/2018

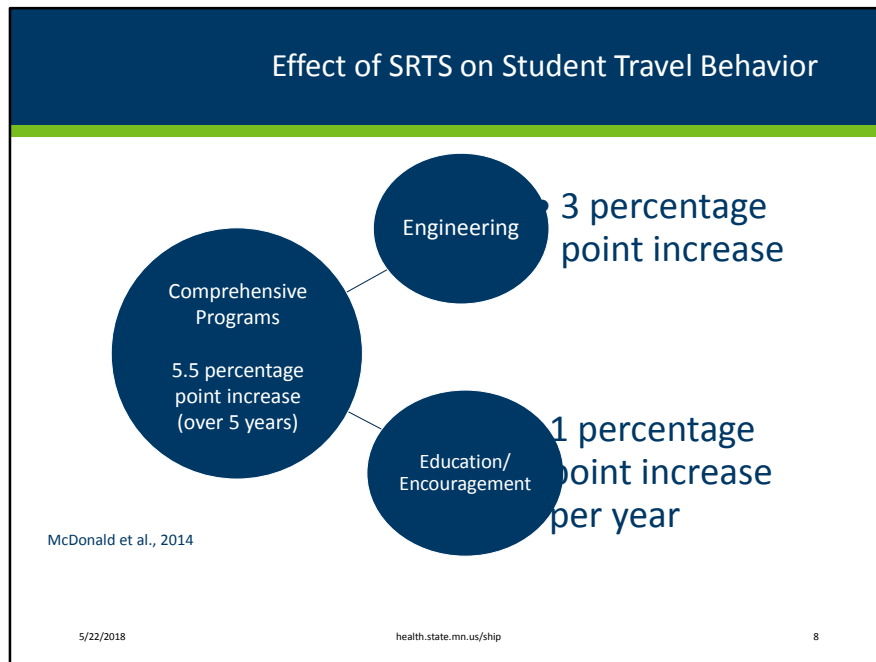
health.state.mn.us/ship

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CHOICES stands for the Childhood Obesity Intervention Cost-Effectiveness Study. MDH participated in a collaborative partnership with the Harvard T.H. Chan School of Public Health and ASTHO to engage local and state partners in modeling the cost-effectiveness of prevention policies and programs in Minnesota. The results of the project provide evidence for action and decision-making.



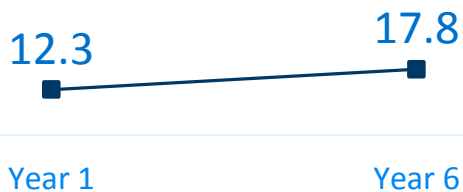
This slides demonstrates how the CHOICES project provides evidence for action. In public health, we're used to thinking about the horizontal scale, effectiveness of the intervention. All things equal, we would rather implement a more effective intervention than a less effective one. What CHOICES adds is consideration of the cost of intervention options. If we have two interventions that produce the same outcome, but one is less expensive than the other, then we'd be happy to go with the less expensive option. So the bottom right hand quadrant is generally the best place to be. However, it's important to realize that there are many cases where we'd be willing to spend more as a society in order to get better outcomes. A good example of that is investment in community design and active transportation. In reality, very few obesity prevention interventions fall in this lower quadrant of actually saving money.



SRTS changes students' travel behaviors. Engineering improvements can increase walking and bicycling by 18% or 3 percentage points. Education and encouragement programs can increase walking and bicycling by 1 percentage point per year. Together, engineering and education/encouragement changes can increase walking and bicycling by 5.5 percentage points, or 31% relative increase, over five years. (Source: McDonald et al. *Journal of the American Planning Association*. doi: 10.1080/01944363.2014.956654.)

Effect of SRTS on Student Travel Behavior

Percent of Kids Walking or Biking to School



McDonald et al., 2014

5/22/2018

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This means that on average, a school starting out with the statewide average of 12.3% of students walking or biking to school could expect to see that proportion increase to 17.8% after 5 years.

Safe Routes Benefits



Improves Safety



Reduces Congestion



Saves Money

*The CHOICES project estimated that families who switch from driving their kids to school to walking/biking would **save \$985 in costs** related to vehicle use*

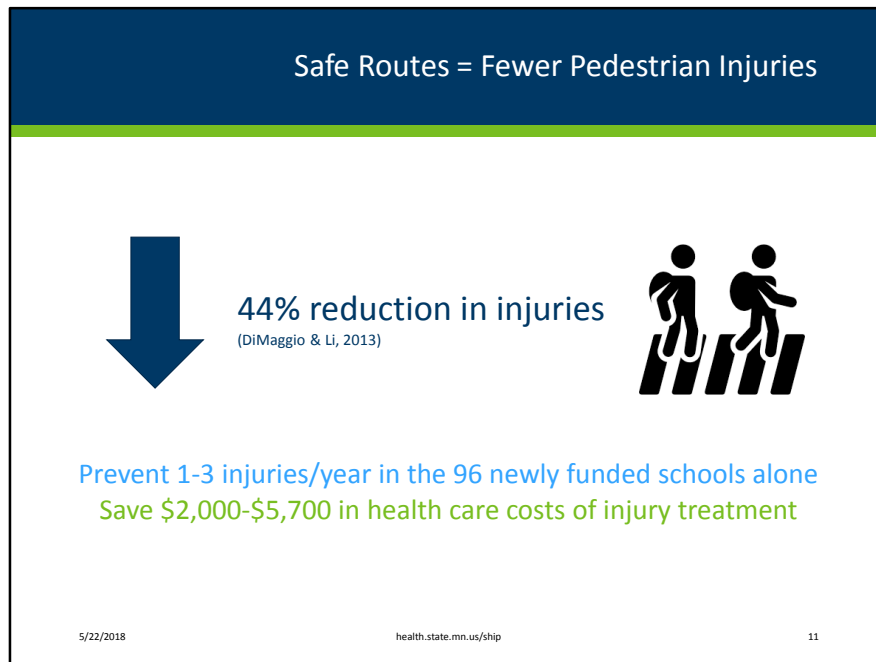
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health.state.mn.us/ship

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More kids walking and biking means less vehicle traffic around schools, improving safety, reducing congestion, and saving families time and money.

The CHOICES project estimated that families who switch from driving their kids to school to walking/biking would save \$985 in costs related to vehicle use over 10 years.



Safe Routes to School programs reduce the risk of pedestrian injury by 44%. (Source: DiMaggio, C., & Li, G. (2013). Effectiveness of a safe routes to school program in preventing school-aged pedestrian injury. *Pediatrics*, 131(2), 290-296.) (FYI Kelly: this study is of high-risk intersections in New York City, so it may be less applicable to Minnesota settings. We used this reduction in injury risk to calculate the number of injuries that could be prevented in MN, below.)

In Minnesota, a \$6 million investment in SRTS would prevent 1 to 3 pedestrian injuries per year among the 96 newly funded schools alone, saving \$2,000-\$5,700 in health care costs of injury treatment. This includes 1 injury during school arrival/dismissal hours, and 3 injuries total at any time, since the safety improvements from infrastructure changes keep kids safe even outside of school hours.

***Note: I would love to also show the comparison between the risk of kids being injured while walking vs. the risk of being injured while riding in a car...perhaps we can talk to Derek Leuer at MnDOT about this. He had Eric DeVoe run some pedestrian crash numbers for us looking just at kids during the AM and PM arrival/dismissal hours during the school year. I wonder if he could do the same for vehicle crashes in which a kid is

injured so we could compare.

Safe Routes = More Active Kids

- Switching from car travel to walking to school adds **47 minutes** of physical activity per school week
- Regular physical activity benefits:
 - Physical health
 - Mental health
 - Students arrive ready to learn



12/17/2018

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It also means more active kids.

From the literature, we know that kids who switch from being dropped off by their parents to walking or biking to school get an additional 47 minutes of physical activity per week. This translates into healthier BMI trajectories for kids, helping them grow up at a healthy weight.

Physical activity also has benefits for:

Cardiovascular and metabolic health

Muscle and bone health

Hypertension, diabetes, heart disease, some cancers in adulthood

Depression

Students arrive ready to learn: physical activity improves concentration and may have positive benefits on academic performance.

Thank you!

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651-201-3667

MN SRTS Year in Review



http://www.dot.state.mn.us/mnsaferoutes//about/visualizing_saferoutes.html

SRTS Academy Sites

- Spring Grove
- International Falls
- Lake City



PowerPoint Template

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Planning Assistance

- **SRTS Plans Completed:**

20

- **SRTS Plans Awarded:**

13

(including district plans)



Infrastructure Solicitations

- 2 million (total) in state dollars dedicated to future infrastructure projects (solicitation open!)
- TAP funding identified for **9 SRTS** projects across the state. (42%)
- **30 SRTS LOIs (47%)** submitted for 2018 TAP solicitation



MnDOT Bike Fleets Implemented (\$108,000)

- ISD 197
- New York Mills School District
- CentraCare Health/Feeling Good MN

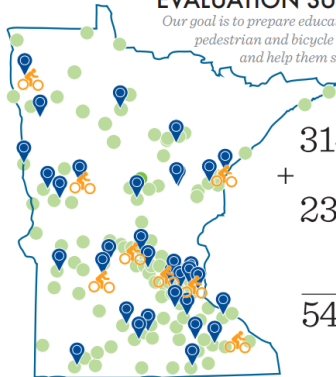


MINNESOTA

WALK! BIKE! FUN!

EVALUATION SUMMARY FROM BIKEMN

Our goal is to prepare educators to teach children the skills needed for pedestrian and bicycle safety, as well as to build confidence and help them stay safe, active, and healthy.



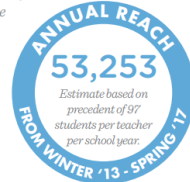
314 Teachers

*Physical Ed., Health, DAPE,
Science, Classroom Teachers*

+ 235 Educators

*Public Health, Law
Enforcement, Community
Education, Park and
Recreation Departments*

549 Participants



- WBF School Districts Represented
- 📍 WBF Training Location
- 🚲 MnDOT Awarded Bike Fleet

61 Trainings have been requested.

40 Trainings have been held.

Overall Rating

4.5 of 5

Participants rated the training a 4.5 on a scale of 1-5, "5" being excellent.

Participant feedback....

Walk to School Day (And Photo Contest!)



Bike to School Day (And Poster Contest!)



2nd Annual MnSRTS Winter Walk to School Day



Minnesota Safe Routes to School

2018 Golden Snow Boot Award

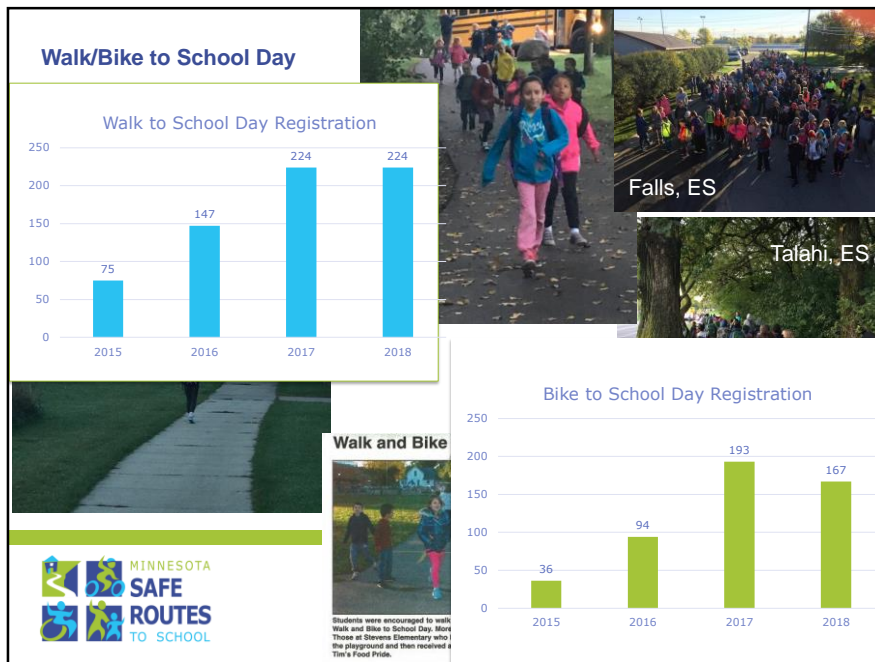


MACCRAY East and West Elementary Schools

Recognizing statewide excellence for participation in
Minnesota Safe Routes to School's 2018
Winter Walk to School Day.



MACCRAY

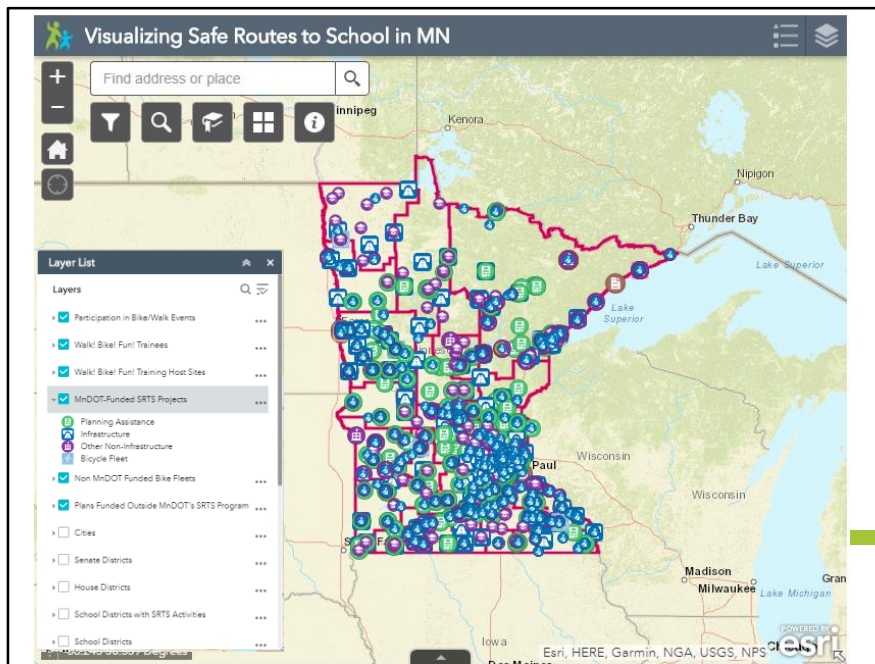


Entry level

Sign up and we can support with materials

Builds future champions into our network

Increases in the past couple of years



Evaluation Tools Revamped/Developed

Evaluation Resources



- **MnSRTS Evaluation Tools and User Guide:**

1. [User Guide for all Evaluation Tools](#)
2. [Parent Surveys and Student Tallies:](#)
Essential tool for understanding parent concerns and barriers to address in your program while measuring baseline mode counts (walk/bike/bus/automobile) based on grade.
3. [School Zone Hazard Observational Assessment:](#)
Identifies critical issues that decrease safety in the immediate area around the school (i.e. distractions, illegal parking/pick up, unsafe crossing or helmet usage). Use the [School Zone Hazard Analysis Guide Worksheet](#) to quickly analyze your observation tallies.
4. [School Environment and Policy Assessment:](#)
Used to identify what aspects of environment and policy in the school zone create a safe and appealing walking and biking environment, and what aspects need improvement.
5. [SRTS Plan Implementation Survey:](#)
A survey to gather information on SRTS plans that are in development or implementation phases to better understand the impact of plan strategies on building a successful SRTS program.
6. [School Implementation Progress Checklist:](#)
Measures the progress of implementation of Safe Routes to School activities at a



Demonstration Project Guidance



New Funding for Innovative Projects!

- School District and Regional Safe Routes to School coordinators
- Equitable Bicycle and Pedestrian Safety Education
- More Demonstration Projects
- Governor's Children's Cabinet
- Additional State SRTS Support
- Engineering Plans



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MPS Safe Routes to School: <http://cws.mpls.k12.mn.us/sr2s>

Let's Go!!!

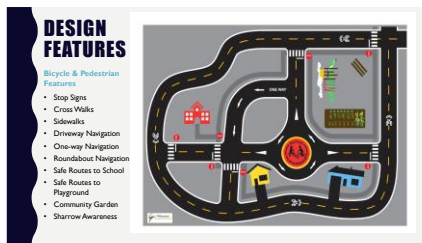
[http://cws.mpls.k12.mn.us/uploads/let s go minneapolis public schools walking and biking field trip guide.pdf](http://cws.mpls.k12.mn.us/uploads/let_s_go_minneapolis_public_schools_walking_and_biking_field_trip_guide.pdf)

TRAVEL GREEN

Let's Go!!! Minneapolis Public Schools Walking and Biking Field Trip Guide is completed! The guide grows out of the fantastic efforts of staff members who have traveled tens of thousands of miles with students on bike and on foot—from one corner of our dear city to another. Together we are working towards a happier, healthier, connected, and vibrant city where all children experience the joys and reap the benefits of active transportation. This project was supported by the Statewide Health Improvement Partnership, Minnesota Department of Health.

PLANNING AND STAGING

- Jackson County, Mountain Lake, Windom, and Worthington
- Rochester



From Luke -There hasn't been a lot of SRTS work done in Jackson County lately but in 2019, the Dewey Street Trail will be completed! This will be a great trail that will provide much needed safety for not just students that walk to school, but bikers and walkers who currently have to walk on the street to get to the school and the sport stadium. During football and softball season, I would say it is the busiest area for motorists to drive and people to walk (and of course there is no place to walk other than the street!).

MT. Lake, Windom, and Worthington are doing mostly non-infrastructural work but Windom is planning on getting some infrastructural projects going because a new school is expected to open in a couple years.

From Joanne at Olmstead Co. - Video link:

<https://www.bing.com/videos/search?q=you+tube+bicycle+playground&view=detail&mid=D71B93C8491E1560B7D6D71B93C8491E1560B7D6&FORM=VIRE>

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RESPONDENTS (N=26)

- Majority (73%) are planners or public health professionals
- Over half (58%) represent government agencies
- 23% joined in the last year; 46% in the last two years
- About 76% of respondents are attending six or less calls per year

Confidential and proprietary.

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Respondents in 2017 =39

Majority (73%) are planners or public health professionals (last year 77%)

Over half (58%) represent government agencies – 55% last year

23% joined in the last year; 46% in the last two years (last year 13%, 38%) – 30% before 2016 – good mix

About 76% of respondents are attending six or less calls per year (lower than last year = 84%) – only about one quarter attended more than half the calls

Respondents 2016 n= 25 Respondents last 2015 n=32

MORE RESPONDENTS THAN in the last two years – thank you!

Others are, advocates, educators, parents - very similar to last year (76%)

(rest from education, consulting, healthcare or pharmaceuticals)

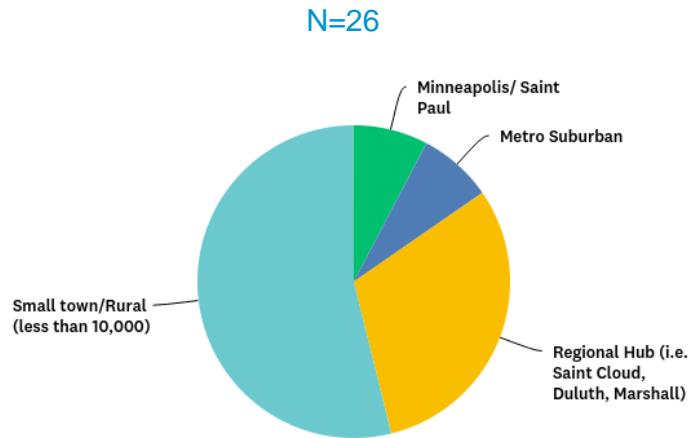
Majority (76%) are planners or public health professionals (last year 69%)

Over half (55%) represent government agencies – 48% last year

13% joined in the last year; 38% in the last two years (last year 20%, 60%)

About 84% of respondents are attending six or less calls per year (higher than last year = 72%)

RESPONDENTS



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85% from small town or rural or regional hub, this is more than last year, primarily due to higher percent in small town rural at over half, however, relative numbers are slightly less, we just had fewer people responding from metro (4 vs 10 last year)

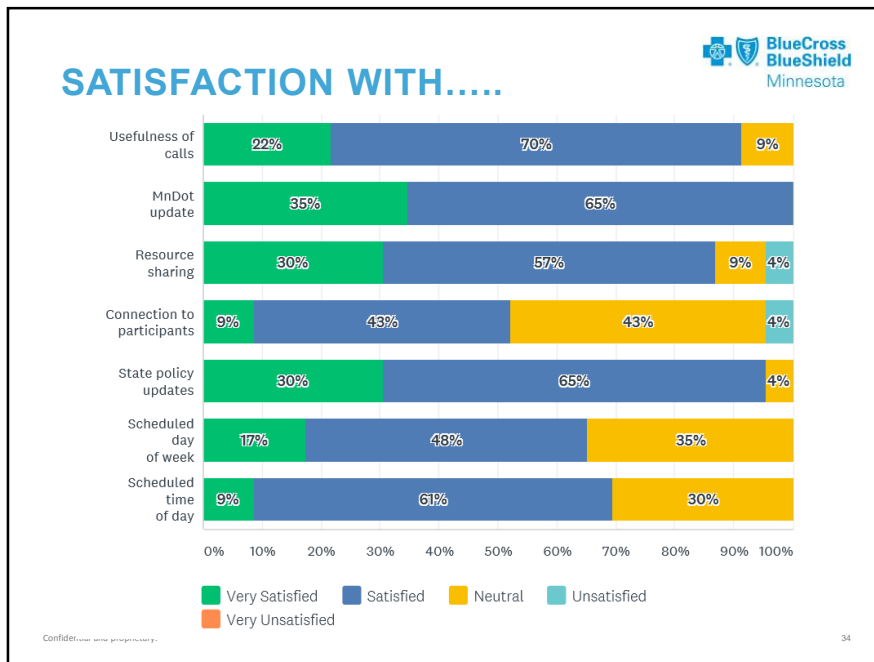
Describe geographic location

74% from regional hub or small town/rural

2016:

72% from regional hub or small town/rural

Last year - 41% are from Regional Hubs



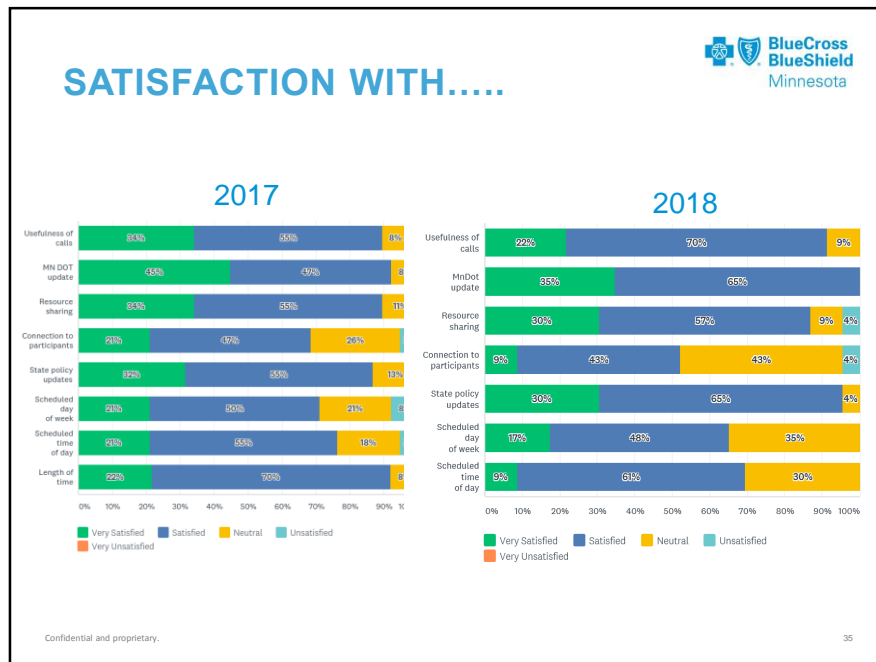
Highest - same as last year MNDOT updates, everyone satisfied- very similar to last year and will show the side by side comparison on the next slide but much easier to see the number on this one

Followed by state policy updates and usefulness of calls,
Lowest - connection to participants, same as last year but more neutrals- again, comparison on the next slide, and scheduled day of week

2016:

In general – pretty similar to last year

Highest – length of time (improved over last year from 96%), followed by, resource sharing and state policy updates (82.8%). MNDOT update (usefulness of calls in top three last year) – updates and sharing were also the top theme that came through in response to the question What aspects of the conference calls do you find most useful?
Lowest – connections to participants, scheduled days of the week and scheduled time.



Highest - MNDOT, length of time although there are a couple of neutral responses this year

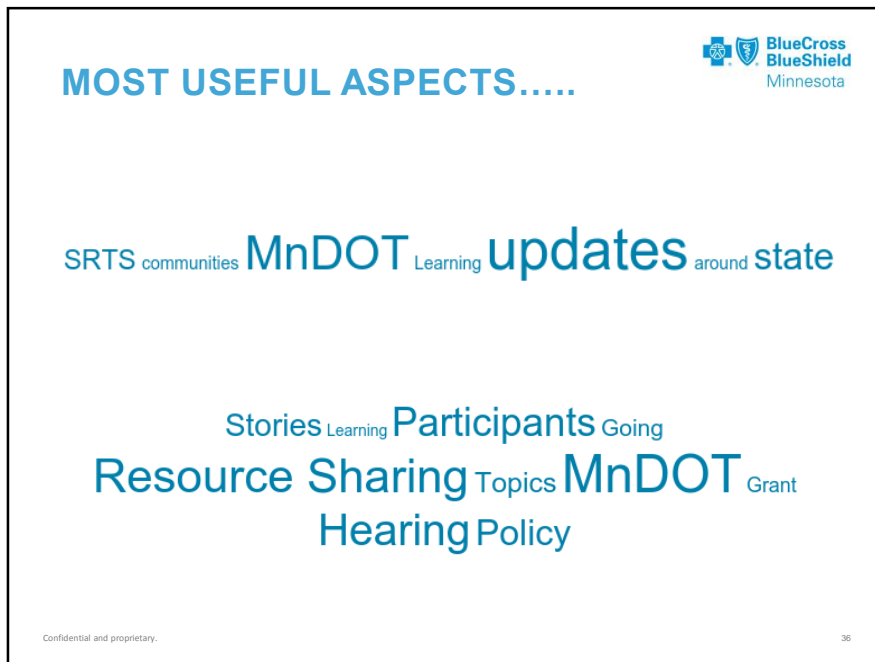
Followed by usefulness of calls and resource sharing

Lowest - connection to participants although improved from last year, and scheduled day of week

2016:

In general – pretty similar to last year

Highest – length of time (improved over last year from 96%), followed by, resource sharing and state policy updates (82.8%). MNDOT update (usefulness of calls in top three last year) – updates and sharing were also the top theme that came through in response to the question What aspects of the conference calls do you find most useful? Lowest – connections to participants, scheduled days of the week and scheduled time.




Open ended question

What aspects of the conference calls do you find most useful?

MN Dot updates -mentioned by 56%, which was even more than last year – one person added “and ability to keep it interesting (Humor)”

Hearing what others are doing –50% “examples of what others are doing” “lessons learned from other communities”

Last year - Resource Sharing by 13. 6%



TOPICS FOR 2019

- Implementing SRTS in rural communities (84%)
- Innovative ways to engage community (84%)
- Demonstration projects (68%)
- Strategies to coordinate between SRTS and Towards Zero Deaths (68%)
- MN Evaluation tools and updates (52%)

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What topics would you like to have included in the 2019 Network calls?
Same four as last year!!

Added a fifth since it is eval.

- Autonomous vehicles.
- Other (11%)
- Targeted universalism (8%)

Last year:

- Implementing SRTS in rural communities (74%)
- Innovative ways to engage community (74%)
- Demonstration projects (71%)
- Strategies to coordinate between SRTS and Towards Zero Deaths (63%)
- St. Paul Stop for Me (13%)
- Other (11%)

- Targeted universalism (8%)

SUGGESTIONS FROM OPEN ENDED RESPONSES



- Different day/time
- Keep at 10am
- Include slide on who was on last months call
- Have an open forum
- Outreach to other disciplines that work on same goals
- Send outlook invites for entire year

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These were the items that surfaced as opportunities to improve.
Meeting day – this showed up in comments but also the number one
reason people did not attend calls – a similar to result to last year

MN SRTS STRATEGIC PLAN

Confidential and proprietary.

Thanks you all for responding to questions on your interest in providing input into the 2019 MN SRTS strategic plan. We will be pulling the information and giving it to Dave and Kelly so they can reach out to you if you indicated interest in doing so.

2018 ACTIONS - REFLECTIONS

- Things to build on
 - Challenge ourselves about SRTS and Equity
 - Coordinate topics with Bike MN
 - Highlight Resource Center...Let it be one of the “frequent Websites”
 - Technology...technology...technology
 - Yes to another Meet UP!

2019 ACTIONS

Build Connections

- Add Attendees to note
- Reserve 10 min for Skill Share
- May 20 - 22 SRTS Meet Up

Scheduling

- Outlook Invite**
- Second Thursday 10:00 – 11:00
- Except January

Technology

- Improve Recording
- Improve link

Confidential and proprietary.

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Building Connections

- Call Attendance
- Hold last 10 minutes for skill share
- Meet up May
 - Walk Bike Fun Ambassador training on Monday 5/20, Full day workshop on 5/21, and then assisting with the RDO meeting on 5/22 in whatever way you need

Calendaring

- Leverage Outlook calendar invitation: Note I will not require an RSVP. There may be an increase in emails from me pending detail edit
 - This will be the week before the Bike MN Call. We will monitor opportunities to collaborate based on topics and need.
- Second Thursday 10 – 11:00 – Better separation and coordination with Bike MN calls and eliminates need to reschedule

Technology

- Continue to record, but cleaning up recording
- Easier link

2019 TOPICS

- More Local Stories – We need your help!
- Keep a balance of stories from across the state
- Increase information about national topics or current trends
- Connect local success stories with useful resources (Kelly)

NEW! Minnesota Bike Walk Leadership Network

Purpose statement:

Connect local bike walk leaders to share stories and ideas about how they're lifting up the walking and biking culture in their communities.

Who is a local bike walk leader?

YOU are!

A local bike walk leader:

- Educates youth and/or adults
- Engages with community stakeholders
- Encourages biking and walking

If you are a member of the educators or advocates network, you will automatically become a member of this new network launching in 2019. If you want to join this new network, send an email to natalie@bikemn.org.



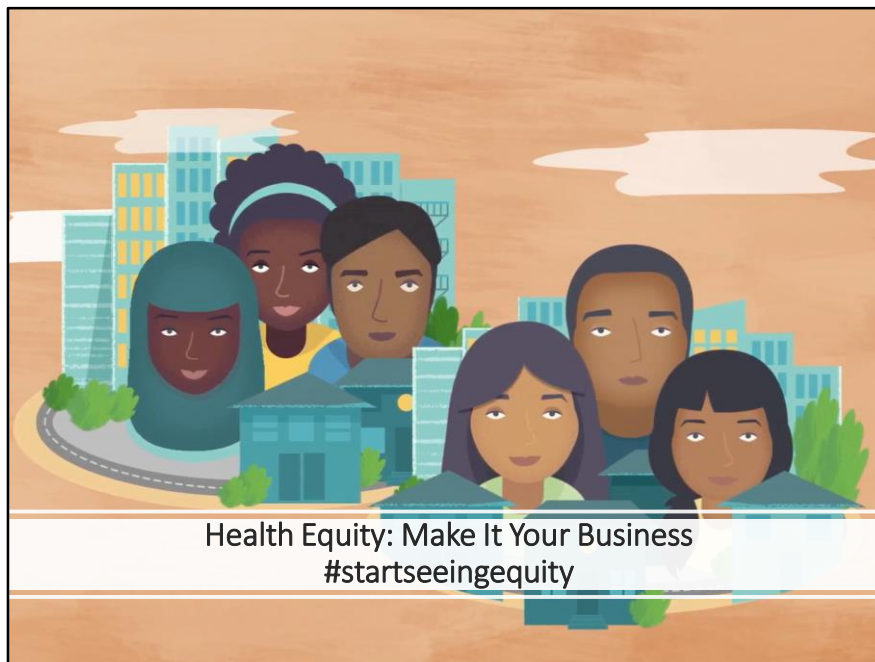
bikeMN
BICYCLE ALLIANCE OF MINNESOTA

www.bikemn.org • info@bikemn.org • [t f /bikemn](https://www.facebook.com/bikemn)

ANNOUNCEMENTS

- [SRTS Academy Application](#) – To host a winter workshop, application deadline January 1, 2019

<https://www.sciencedirect.com/science/article/pii/S2214140517306540>



Health Equity: Make It Your Business
#startseeingequity

Make Health Equity Your Business Landing Page:

www.bluecrossmn.com/health-equity

Individual Video Links to Share:

Healthy Equity Animated: **Equity vs. Equality**

<https://youtu.be/tZd4no4gZnc>

Health Equity Animated: **Race**

https://youtu.be/PTaLFmnS_jo

Health Equity Animated: **Income**

<https://youtu.be/p9BZH-zduMw>

Health Equity Animated: **Gender**

<https://youtu.be/lKboL0tgWdk>

Health Equity Animated: **Zip Code**

https://youtu.be/v_GfpuavbIU

Health Equity Animated: **The Cost of Health Inequity**

<https://youtu.be/HJeUnHGE4IE>

The Health Equity Animated Series: **Behind the Scenes**

<https://youtu.be/YY10v-EyiBs>

YouTube Video Playlist:

<https://www.youtube.com/watch?v=tZd4no4gZnc&list=PLprkWlK8QvlzD8hIxzPzbn2uad-Lluj9>

CENTER FOR PREVENTION PODCAST



Explores themes related to health, health equity and community.

We hope to include community voices in our episodes, and are collecting stories for our March launch!

Please call in at 1-877-972-7563 and share your thoughts in 30 - 60 seconds on when and how you learned about being healthy.

www.centerforpreventionmn.com/podcast



The Center for Prevention is launching a new podcast!

First episode came out March 20, and focused on trends and traditions in health, and how they shift across generations. And we'd like to hear from you, or friends, family, students, teachers... Please call us at 1-877-972-7563 and share your thoughts in 30 - 60 seconds on when and how you learned about being healthy. Don't forget to give us your full name and phone number so we can contact you to follow up on your story. We look forward to hearing your stories.

The State We're In: Please call us at 1-877-972-7563. Tell us a time when you or someone you know felt othered and how it affected your health. What does it mean for you to feel like you belong? Why do you think it's important to belong to one another?

<https://www.centerforpreventionmn.com/podcast>

Facebook Link:

<https://www.facebook.com/centerforprevention/posts/2061738680509111>

WALK/BIKE TO SCHOOL DATES:

~~OCTOBER 10TH, 2018~~

FEBRUARY 6TH, 2019

MAY 8TH, 2019



Bike/Walk to School Day registration is open for October 10th -
<http://www.walkbiketoschool.org/registration/>



THE MINNESOTA SAFE ROUTES TO SCHOOL NETWORK...



MONTH

January 17, 10:00 – 11:00 AM

TOPIC

- SRTS and Active Transportation Policy Update
- Equitable Development Scorecard

MONTH

February 14, 10:00 – 11:00 AM

TOPIC

- TZD


MONTH

March 14, 10:00 – 11:00 AM

TOPIC

- TBD

To join the Minnesota Safe Routes to School Network,
email centercommunications@bluecrossmn.com







THE MINNESOTA SAFE ROUTES TO SCHOOL NETWORK...

MONTH April 11, 10:00 – 11:00 AM	TOPIC • TBD
MONTH May 9, 10:00 – 11:00 AM	TOPIC • TBD
MONTH June 13, 10:00 – 11:00 AM	TOPIC • TBD

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January 18 SRTS in Large School Districts and Minneapolis New SRTS Action Plan








THE MINNESOTA SAFE ROUTES TO SCHOOL NETWORK...

MONTH July 11, 10:00 – 11:00 AM	TOPIC • TBD
MONTH August 8, 10:00 – 11:00 AM	TOPIC • TBD
MONTH September 12, 10:00 – 11:00 AM	TOPIC • TBD

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January 18 SRTS in Large School Districts and Minneapolis New SRTS Action Plan

THE MINNESOTA SAFE ROUTES TO SCHOOL NETWORK...

MONTH October 10, 10:00 – 11:00 AM	TOPIC • TBD
MONTH November 14, 10:00 – 11:00 AM	TOPIC • TBD
MONTH December 12, 10:00 – 11:00 AM	TOPIC • TBD

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 email centercommunications@bluecrossmn.com

January 18 SRTS in Large School Districts and Minneapolis New SRTS Action Plan



2019 MEETINGS

2019 Meeting Dates:
January 17 (3rd Thursday)
February 14
March 14
April 11
May 9
June 13
July 11
August 8
September 12
October 10
November 14
December 12

Call Time: 10:00 – 11:00AM



HAPPY 2019!



THANK YOU!